

It's like a blade of grass dancing in the wind  
It's like a rainbow lasting 'til 10 pm  
It's like a kiss blown by the sun  
It's like a cool drink of water on your tongue  
It's like a blade of grass dancing in the wind

I've got a feeling of joy inside of me  
It's way down deep and when  
It starts moving around  
There's such a power, a shift, a lift I feel  
You cannot steal because it's mine  
It was given to me  
Influential, unconditional, follows me wherever I go

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There's so much shame  
And pain, darkness, doom and gloom  
You would assume that we would be forever broken and down  
But there is an energy inside and we can be forever free and  
never bound by the conditions of doubt  
It's powerful, essential, if you know, then you know

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(repeated three times)